



A MINUTE OF HEALTH WITH CDC

Benefits of Breastfeeding

Improvements in Maternity Care Policies and Practices that Support Breastfeeding — United States, 2007-2013

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Breastfeeding has health benefits for babies and mothers, and getting off to a good start in the hospital is important. Steps for successful breastfeeding include keeping mothers and babies together while in the hospital, and making sure that moms who want to breastfeed start within an hour of birth. Babies should get nothing but breast milk for about the first six months. Then moms can start solid foods and keep on breastfeeding for at least 12 months. Breastfed babies are at lower risk for asthma, obesity, and certain infections. New moms—work with your health care provider and a lactation specialist to ensure your infant enjoys the full benefits of breastfeeding.

Thank you for joining us on a Minute of Health with CDC.

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